主題：[學生分享]陳卓儀分享她大學生活的點滴

A. 內容撮要：

1. **認清個人優勢與職涯目標**：Cherry 清楚知道自己對數字敏感且對金融商業有興趣，因此選擇主修精算，並積極參與金融機構的實習，為將來在金融業發展做好準備。
2. **兼顧學業與課外活動**：她的大學生活充實，在大學一年級時便能很好地平衡學業，同時積極參與學校的師友計劃及義工等課外活動。
3. **熱心公益與回饋社會**：她利用暑假時間參與社會服務，例如到觀塘的小學為低收入家庭的兒童補習英文，展現出用自身時間和能力幫助弱勢社群、回饋社會的責任感。
4. **建立正向價值觀與團隊合作**：Cherry 秉持「助人為快樂之本」的信念，在義工服務的過程中不僅獲得了快樂與滿足感，也學會了如何與其他同學互相合作。

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B. 家長反思題：

1. Cherry 因為發現自己對數字敏感而選擇了精算系。作為家長，我們平時可以透過甚麼方式，幫助孩子及早發掘他們的個人天賦與興趣，並引導他們將這些優勢轉化為未來的學習或職涯方向？
2. Cherry 在幫助低收入家庭兒童的過程中體會到「助人為快樂之本」。我們在日常生活中，可以如何鼓勵或陪伴孩子參與義工服務，讓他們在實踐中培養同理心、感恩之心以及回饋社會的意識？

Topic: [Student Sharing] Cherry Chan Shares Glimpses of Her University Life

A. Content Summary:

1. **Identifying Personal Strengths and Career Goals:** Cherry clearly knows that she is sensitive to numbers and interested in finance and business. Therefore, she chose to major in Actuarial Science and actively participated in internships at financial institutions to prepare for her future career development in the financial industry.
2. **Balancing Academics and Extracurricular Activities:** She has a fulfilling university life. In her freshman year, she was able to balance her studies well while actively participating in extracurricular activities, such as the university mentoring program and volunteer work.
3. **Dedicated to Public Welfare and Giving Back to Society:** She used her summer vacation to participate in social services, such as tutoring English for children from low-income families at a primary school in Kwun Tong. This demonstrates her sense of responsibility to use her own time and abilities to help disadvantaged groups and give back to society.
4. **Building Positive Values and Teamwork:** Upholding the belief that "helping others is the source of happiness", Cherry not only gained happiness and satisfaction through her volunteer service but also learned how to collaborate with other classmates.

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B. Parent Reflection Questions:

1. Cherry chose Actuarial Science because she discovered her sensitivity to numbers. As parents, in what ways can we usually help our children discover their personal talents and interests early on, and guide them to turn these strengths into future fields of study or career directions?
2. Cherry experienced that "helping others is the source of happiness" while helping children from low-income families. In our daily lives, how can we encourage or accompany our children to participate in volunteer services, so that they can cultivate empathy, gratitude, and a sense of giving back to society through practical experience?